



### **GET OUT**

COULD THIS LOCAL MAN BE THE FIRST 'PEGGER IN SPACE? PAGE 6 TYCOON WANTS TO SEND A COUPLE ON A FLIGHT AROUND MARS PAGE 10





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# Flood risk down from 2011



#### **Man found** dead by police

Suspicious death at "Murder Mansion," a home notorious for drug dealing, prostitution and violent deaths PAGE 4

#### **Oscars** outrage

U.S. lawmakers slam Academy Awards host Seth MacFarlane for "degrading women" PAGE 15

### **Flipping**

Selling your condo? Our designer gives you tips for how to stage your home so buyers love it PAGE 19

#### 2013's first outlook.

Costs of flood preparations, repairs and compensation reached \$1.2B in 2011

Manitobans should be able to breathe easy this year as the province gears up for its annual fight against

flooding.

The provincial government says low soil-moisture levels mean there is only a small risk of substantial flooding along major river-

Even if bad storms develop, "our outlook at the moment does not call for major or record flooding," Phillip Mutulu, chief flood forecaster, said Wednesday in the first outlook of the

As usual, much depends on the weather over the next several weeks: How quickly the snow melts, whether major dumps of snow or rain occur at the same time as the melt, and whether unpredictable ice jams develop.

Flood preparations are an annual ritual in Manitoba, where melted water comes from as far away as Alberta and South Dakota.

"Our outlook at the moment does not call for major or record flooding."

Phillip Mutulu, chief flood forecaster

In 2011 — one of the worst vears on record — thousands of people were forced from swamped houses and cottages along the Assiniboine River, Lake Manitoba and Lake St. Martin. Many First Nations residents have not returned to their homes.

The cost of flood-fighting, repairs and compensation reached \$1.2 billion.

Last year was an entirely different story as low snowfall and nice weather made flooding a non-event.

Even in good years, some farmland and roads end up under water and some small communities are evacuated as a precaution. That is expected this year as well.

"It could be road closures, it could be in terms of evacuations, and again, that could range to a much higher impact ... if we have major storms," said Steve Ashton, the province's emergencymeasures minister.

The biggest concern is around The Pas in northern Manitoba, where soil moisture is above average. Agri-

cultural land in the area is expected to be flooded.

The province is scheduled to provide an updated flood forecast at the end of March. THE CANADIAN PRESS

The province has an array of tools designed to keep water flowing smoothly

- Three amphibious icebreakers are used to break up rivers.
- There are dikes built around many smaller communities and diversion channels move water around larger cities.
- Winnipeg is protected by the Red River Floodway, a 47-kilometrelong channel that diverts water around the city to the east and

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# Council approves new ice sheets for two communities

Plan ahead. Councillor wants citywide plan for arena ice



Winnipeg city council unanimously approved plans on Wednesday to build new ice sheets in Garden City and Transcona, but not without some criticism.

The city will fund one-third of the \$17-million Seven Oaks Arena Project, which will see two new sheets of ice added to the Garden City Community Centre and one-third of a \$9-million additional sheet of ice at the East End Community Centre.

The province and the community centres will make up the other twothirds.

While all councillors applauded the two proposals, several expressed concerns that the city does not have an overall plan to tackle Winnipeg's aging arenas, which have been described as in "crisis" in the city's

Coun. Jenny Gerbasi (Fort

#### Out of business

#### Rinks slated for

The Vimy Arena and Old Exhibition Arena for the Seven Oaks Arena Project and the Roland Michener Arena for the ice sheet at the East End Community Centre will be decommissioned.

Rouge-East Fort Garry) said she "appreciates what is happening but not how it is happening" and would like to see an overall plan for the city's arenas, not just press releases.

Mayor Sam Katz told reporters after the city council meeting that what's more important than an overall plan and the state of rinks is addressing the recreation infrastructure problem.

"The plan that came from the department is to take the city and you put it in quadrants. If you build a new rink in a quadrant then basically you have to decommission one."

Follow Bernice Pontanilla on Twitter @MetroRee



### Turn up the heat on landlords: Coun.



A Winnipeg city councillor has proposed a fine system for landlords who keep their tenants in the cold over the

Coun Harvey Smith said by instituting a fine, landlords will be held more accountable for their decision to keep apartments, especially in the inner city, on the colder side in order to save money.

"This makes it like a traffic fine, a set amount and they can just pay it," said Smith, adding he'd like to see the fine in the area of about \$200 per incident.

"When you have such cold weather in winters in Winnipeg, you really want adequate

heat.
"It's something that's being ignored and I think we have to deal with this."

The fine would kick in if the temperature in an apartment building were to fall below 21 C.

Smith said that right now, the only recourse is for tenants to take the landlord to court, and many tenants don't due to the fear of being kicked out.

Smith's motion was referred to the protection and community services commit-

BERNICE PONTANILLA/METRO

Whereas Winnipeg has freezing cold winters, and whereas in 2012 there were over 300 landlords of rental accommodations who were in violation, not providing 70 F (21 C) of heat to their tenants. therefore be it resolved that the city issue tickets to these landlords similarly to our system of traffic tickets, where the landlord knows the penalty and pays the fine.

#### Digital sign and billboard fees passed

A previously contentious hike to city fees for digital signs and billboards was approved by city council on Wednesday.

The new tax rate for non-digital signs will be set at \$3.20 per square foot and \$27.50 per square foot for digital signs.

Last fall, representatives of prominent billboard companies and people who work in the industry turned out en masse to blast the hike, which at the time was \$5.70 for non-digital signs and

\$34.50 for digital billboards.

No industry representa-tives spoke at Wednesday's city council meeting. BERNICE PONTANILLA/METRO

For more local news qu to metronews.ca

#### Support from city

#### **Council approves** new field house at Jonathan Toews CC

A new \$9.53-million field house for the Jonathan **Toews Community Centre** received council's support on Wednesday.

The field house, which will receive \$4.767 million from the city and a matching amount from the provincial government, was announced on Friday and is expected to be a 54,210-square-foot multiuse sports hall that will host a number of indoor sports and activities. BERNICE PONTANILLA/METRO

metronews.ca Thursday, February 28, 2013

# Infamous 'Murder Mansion' the scene of a suspicious death

#### 'Serious assault'.

Police won't call it a homicide yet

BEN SINGER

Winnipeg police have confirmed that the death of a man at a notorious Balmoral Street rooming house on Tuesday is considered suspicious.

Const. Eric Hofley said Wednesday the police service is questioning several residents of the three-storey rooming house in the city's West End, but he wouldn't say if they have a suspect in mind.

Police responded to the address Tuesday afternoon after receiving a 911 call and discovered a dead adult man, added Hofley.

He said that a "serious assault occurred" but would not give any information about the nature of the man's injuries until an autopsy is completed.

Neighbours of the rooming house at 624 Balmoral St. told Metro that police taped off the building around 5 p.m.

One woman, who didn't give her name, lives down the back lane from the rooming house and said she noticed a bad smell near the rear of the building all day

"We call that place 'Murder Mansion' around here," she said, adding the building is known for drug dealing and prostitution. "I wish they'd tear it down."

Police acknowledged the address is well known to them.

"This rooming house is certainly a place where police have had a lot of contact in the past," Hofley said.

WITH FILES FROM SHANE GIBSON

#### Horrific past

Previous major crime incidents at "Murder Mansion":

- Nov. 2008: Philip Mayur,
   28, was stabbed to death
- Jan. 2009: Valerie. Paypompee, 36, was stabbed to death.
- Dec. 2009: A 27-year-old man was shot in the neck.



Winnipeg police investigate what they are calling a suspicious death Tuesday at a rooming house on Balmoral

#### Arson

### Teen arrested after series of fires

A 15-year-old boy is facing charges of arson after five garbage bins were set on fire downtown Tuesday evening, causing damage worth \$2,500. Downtown Watch members allegedly saw the teenager attempting to light one of the bins on fire around 10 p.m. Winnipeg police officers arrived and nabbed the youth. The teenager is being detained at the Manitola Youth Centre weren.

#### Northwest

### City man faces child-porn charges

A man has been arrested in northwest Winnipeg for allegedly uploading child pornography to the Internet. Police say the 43-year-old was caught after the Internet child exploitation unit was told that a resident had uploaded pornographic images of kids. The tip came from Ottawa's National Child Exploitation Coordination Centre. The man faces charges of possessing and distributing child pornography. METRO



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metronews.ca Thursday, February 28, 2013 metr⊕ **NEWS** 

Up, up and away?

Chance to win a trip

latest adventure for

skydiving,

jumping and volunteering

for Barack Obama's first U.S.

But it's a big if. As of Wednesday, Hall was

sitting in 39th place in a con-

test sponsored by Axe body

spray that could rocket him

into space. He's been busy leveraging the help of friends and colleagues to bring in

the votes needed to move

him up in the standings.

a local promoter

SINGER

lifetime.

to space would be the

# **Saving lives.** Defibrillators starting to be distributed

A local high school was awarded the first of 1,000 free defibrillators to be distributed across the province.

Ĝlenlawn Collegiate was given the first defibrillator funded by a \$1.3-million onetime provincial grant to the Heart and Stroke Foundation.

"You never know when or where cardiac arrest will happen," said Health Minister Theresa Oswald in a press release.

"To ensure, during that critical time of need, a lifesaving defibrillator will be close at hand, our government is adding 1,000 free defibrillators to public facilities all

#### Funding

#### **Boost for new** school equipment

Premier Greg Selinger announced funding of \$500,000 to help vocational schools upgrade their equipment Wednesday.

Last year a similar funding announcement was made, with money helping to buy new equipment at local colleges.

1,000

The 1,000 defibrillators will be placed in public spaces like schools, libraries, arenas, community centres and other high-traffic facilities.

across the province.

"We know the chance of survival is increased by almost 75 per cent when a heart de-fibrillator is used with cardiopulmonary resuscitation. It can really mean the difference between life and death." METRO

#### Forks

### **River Trail closed**

There's still plenty of time

Forks officials closed part of the trail on Sunday



Winnipeg man enters race

to blast off into space

presidential campaign, one might think Jamie Hall has had enough adventures for a But if the Winnipegger has his way, he could be float-Canadians, Hall will attend ing 103 kilometres above the space camp in Orlando, Fla. Earth as soon as next year.

From there, only the best trainees will get a seat on an actual space flight. Hall entered the Axe Apollo contest after seeing an ad at the movies a week ago.

"I saw the commercial and kind of looked at my fi-ancée and she just went, 'Oh no. You're going to do this, aren't vou?

Space Expeditions Cor-

poration (SXC), which is running the "space tourism" flight Hall hopes to blast off in, gives a date of 2014 for its first flights using a new spacecraft, which has yet to even enter flight tests.

If Hall makes it to space he would be not only the 10th Canadian to do so, but the first Winnipegger.

To vote for Hall, visit axeapollo.com and search for "Jamie Hall."

#### Costly adventure

#### Space tōurism: A brief history

Only seven people have paid for the privilege of going to space — and it has cost them big.

The first paying space tourist was U.S. businessman Dennis Tito, who visited the International Space Station in 2001. His ticket cost a cool \$20 million US.

'N Sync singer Lance Bass made a highly publicized attempt to get a seat on a Russian Soyuz rocket in 2002, but lost out when his backers failed to pay

up.
The most recent space tourist was Canadian Cirque du soleil founder Guy La Liberté, who paid \$40 million to spend 11 days at the International Space Station.

11am to 10pm

### due to melting ice

to skate this winter, but it won't be on the River Trail.

due to melting conditions and rising surface water. They then closed the trail entirely on Wednesday due to warm weather.



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# Swiss set to rethink laws after man's gun rampage

#### U.S.-style shock.

Longtime employee dies after killing two with pistol at company in a small town

Fears about U.S.-style mass gun killings gripped Switzerland on Wednesday after a longtime employee opened fire at a wood-processing company.

company.

The shooting left three people dead, including the assailant, in the country's second multiple-fatality shooting in two months.

And it happened as the Swiss parliament prepares to consider tightening some aspects of the country's famously lax gun legislation.

The country has a longstanding tradition for men

Police fired gunshots at a

monster shark on Wednesday in a desperate attempt to save

"rolled over and disappeared," said police Insp.

Shawn Rutene. But the vic-

tim, award-winning television and short-film direc-

tor Adam Strange, 46, didn't

at the popular Muriwai Beach near Auckland, New Zealand,

said he saw the swimmer struggle against the huge

Pio Mose, who was fishing

four-metre shark over and dis-

a swimmer.

The "rolled

survive.

shark

**Horror on New Zealand** 

beach. Police fire at giant

shark, but swimmer dies

too late.

panicked."

to keep their military rifles after completing compulsory military service.

This partly accounts for the high rate of gun ownership in the country, where some 2.3 million firearms are owned by a population of about eight million.

A referendum to tighten the laws was defeated at the ballot box in 2011.

On Wednesday, the 42-year-old Swiss man arrived at the premises of the company Kronospan, in the small town of Menznau. He drew a pistol and started firing, police said.

Seven people were wounded, six of them seriously.

ed, six of them seriously.

Officials didn't immediately have further details on the weapon or how the assailant acquired it. They also did not know how the assailant was killed.

He yelled at the man to swim to the rocks, but it was

"All of a sudden there was blood everywhere," Mose said. "I was shaking, scared,

Rutene said police went

Government shark expert Clinton Duffy said New Zea-

But other potentially lethal species also inhabit the

out in inflatable lifesaving boats and shot at the shark.

land is a hotspot for great

THE ASSOCIATED PRESS

### Pig parts behind Oscar's power?

The substance found in the Blade Runner's bedroom after the shooting death of his girl-friend has been named.

Oscar Pistorius' representatives say it was Testis compositum — a herbal remedy for "muscle recovery."

A product called Testis

A product called Testis compositum is also marketed as a sexual enhancer, good for lack of stamina.

Some online retailers advertise oral and injectable forms as testosterone boost-

ers and say it can aid sexua performance.

Tablets sold in the U.S. are said to contain 23 ingredients, including pig testicles, pig heart, pig embryo and pig adrenal gland, cortisone, ginseng and other botanicals.

Paralympic star Pistorius was charged with premeditated murder in the Feb. 14 shooting death of girlfriend Reeva Steenkamp. He says he shot her by accident.

THE ASSOCIATED PRESS

#### Special on Pistorius

#### Networks link up for documentary

The desire to produce a quick documentary on Oscar Pistorius has led to a partnership between two TV networks. The Investi-

gation Discovery Network on Sunday will premiere Beauty and the Blade Runner, about the South African athlete and the shooting death of girlfriend Reeva Steenkamp

Reeva Steenkamp.

ID is making the special with NBC News and that company's Peacock Productions. THE ASSOCIATED PRESS



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waters, he said.
THE ASSOCIATED PRESS

white sharks.



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metronews.ca
Thursday, February 28, 2013

# Corruption case. Former spy-agency watchdog wanted in fraud probe

The man once entrusted to keep an eye on Canada's spy agency is now wanted by police and extradition procedures are underway in the hope of bringing him back to face criminal charges in this country.

An arrest warrant is out for Arthur Porter, the former head of the CSIS watchdog agency, for alleged fraud in one of the country's most expensive infrastructure projects.

#### Order of Canada

#### High honour taken from theatre mogul

Disgraced theatre impresario Garth Drabinsky has been stripped of his Order of Canada appointment and is going to court to fight the decision he says is unfair, considering his imprisonment.

Drabinsky was released to a Toronto halfway house earlier this month.

THE CANADIAN PRESS

He is among the five people named in arrest warrants issued Wednesday by Quebec's anti-corruption squad, in the case of the \$1.3-billion construction of a Montreal mega-hospital.

The others are: Former SNC Lavalin senior executives Pierre Duhaime and Riadh Ben Aissa, Yanai Elbaz, and Jeremy Morris, the administrator of a Bahamas-based investment COMPANY. THE CANADIAN PRESS

#### Recruitment centre

## Arrest made in connection to Quebec bombing

A man has been arrested in connection with the bombing of a Canadian Forces recruitment centre in Quebec in 2010, the RCMP said Wednesday. RCMP Cpl. Luc Thibault said four locations that were searched were linked to the Trois-Rivières bombing, which resulted in material damage but no injuries. THE CANADIAN PRESS

# Anti-gay activist gets hit with ruling by Canada's top court

Human rights. William Whatcott rapped for two of four pamphlets he distributed

A Saskatchewan anti-gay crusader violated human-rights rules when he distributed some pamphlets denouncing homosexuals, the Supreme Court of Canada has ruled.

In a unanimous 6-0 decision Wednesday, the court found that two of the four flyers distributed by William Whatcott violated Saskatchewan's Human Rights Code. Those flyers referred to gay men as sodomites and pedophiles.

But the court struck down some language in the provincial code, clearing Whatcott of any wrongdoing in connection with two other flyers. Whatcott produced and distributed leaflets in 2000 and 2001 that contained inflammatory statements about gay men.

THE CANADIAN PRESS



#### Sentenced. Fatal crash lands man three years

A man convicted after a crash that killed four high-school football players from northern Alberta has been sentenced to three years in prison.

Brenden Holubowich will also be forbidden to drive for three years once he is released. Holubowich, 23, pleaded guilty to dangerous driving causing death and dangerous driving causing bodily harm. Court of Queen's Bench Justice William Tilleman said determining a sentence for Holubowich might have been the most difficult thing he has ever done.

Tilleman's eyes filled with tears as he told court he sympathized with the dead teens' relatives, who had suggested that a three-year sentence would not be enough. He also said he felt for Holubowich's family.

Tilleman said he struggled with his decision and at one point considered a longer period behind bars. But in the end, the judge said, the sentence jointly submitted by the Crown and defence was just and in keeping with similar CASES. THE CANADIAN PRESS



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Thursday, February 28, 2013

## 'Breathable' nail polish finds an unexpected niche

#### **Surprise solution.**

Product developed as healthier alternative to traditional enamel is a hit with Muslim women

For Zaida Saleh, like for many observant Muslim women, manicures have long posed a religious problem.

With prayers five times a day, and a pre-prayer ritual that requires washing the hands and arms, traditional fingernail polish has been mostly off limits because it prevents water from making contact with the nails. A new "breathable" nail polish by a Polish company, Inglot, is changing that.

The company and some Muslims say the polish is the first of its kind because it lets air and moisture pass through to the nail. A craze has built up around it with Muslim women in recent months after an Is-



A manicure in progress at an Inglot shop in Warsaw, Poland. Since an Islamic scholar wrote that, in his view, Inglot's O2M nail polish complied with Muslim law, the product has become very popular with Muslim women.

lamic scholar in the United States tested its permeability and published an article saying that, in his view, it complies with Muslim law.

"It's huge," said Saleh, a 35-year-old who hadn't polished her nails in many years but immediately went out and bought the product in five colours, including a bright pink, a burgundy and a mauve. "I am excited. I feel more feminine and I just love it."

The news of Inglot's breathable polish has spread quickly from woman to woman and over the Internet.

The nail polish now stands as one of the final life achievements of Wojciech Inglot, a Polish chemist and entrepreneur who developed it to create what he billed as a healthier alternative to traditional nail enamels, which block the passage of moisture and oxygen to the nail. He died suddenly on Saturday at the age of 57 after suffering internal hemorrhaging.

Though the Muslim holy book, the Qur'an, does not specifically address the issue of nail polish, some Islamic scholars have said that water must touch the surface of the nail for the washing ritual to be done COITECTLY. THE ASSOCIATED PRESS



#### Go ahead - dunk your phone

If you've ever seen how unhappy a cellphone can be when it gets soaked, then you might be concerned about the imminent fate of the device pictured above. But this lucky phone is covered with a nanocoating intended to protect consumer electronics from water damage. Pzi, which makes the coating, was demonstrating the product Wednesday at the Mobile World Congress trade show in Barcelona.

MANU FERNANDEZ/THE ASSOCIATED PRESS

#### EU trade talks

## Canada's banking system negotiable, document shows

A leaked draft of part of the Canada-Europe trade talks shows Canada's vaunted banking system is on the negotiating table. The Canadian Press has obtained the Feb. 1 version of the services chapter of the Canada-Europe trade deal circulated to EU states. It shows Canada is struggling to maintain the traditional standards it imposes to protect financial services from foreign control and financial instability.

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### Till space us do part: Tycoon to send married couple to Mars

It is a road trip that could test the best of marriages: Mars. A tycoon announced plans Wednesday to send a middle-aged couple on a privately built spaceship to slingshot around the Red Planet and come back home, hopefully with their bodies and marriage in one piece after 501 days of noescape togetherness in a cramped capsule.

Under the audacious but bare-bones plan, the space-craft would blast off less than five years from now and pass within 160 kilometres of the Martian surface. The cost was not disclosed, but outsiders put it at more than \$1 billion.

The team of space veterans behind the project hasn't quite figured out the technical details of the rocket they will use or the capsule the husband-and-wife astronauts will live in during the 16-month voyage. But they know it will be an adventure not for the weak of body or heart.

The trying circumstances include: No showers, limits on toilet paper and clothing, drinking water made from the crew members' recycled urine and sweat, and little privacy.

But the flight also comes with never-before-seen views of Mars. And there's ample time for zero-gravity sex in space,

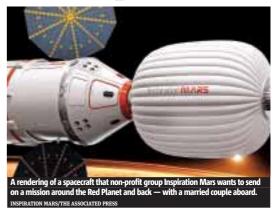
#### Symbolic choice

- As for why a couple will make the flight, "this is very symbolic and we really need it to represent humanity with a man and a woman," said chief technical officer and potential crew member Taber Mac-Callum
- He said if it is a man and

a woman on such a long, close-quarters voyage, it makes sense for them to be married so that they can give each other the emotional support they will probably need when they look out the window and see Earth get smaller and more distant: "If that's not scary, I don't know what is."

something NASA doesn't like to talk about.

The private, non-profit project, called Inspiration Mars, will get initial money from multimillionaire investment consultant Dennis Tito, the first space fourist. THE ASSOCIATED PRESS





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# Beer. Miller to end deal with Molson in Canada

Miller Brewing Company says it's aiming to end its Canadian licensing agreement with Molson Coors Canada this summer.

The agreement covers such well-known brands as Millers Genuine Draft, Miller Lite and Miller High Life. Miller's managing director for Canada, Paul Gurr, says there's an opportunity to grow its brands in Canada.

Molson Coors Canada has filed a suit in Ontario to prevent the move but Miller says it gave the required six-month notification in January and it expects the termination to take effect on July 22.

Molson said it plans on "strongly defending our rights to market and sell" Miller brands in Canada.

"Molson Coors Canada represents a number of import brands and is proud of the success Miller brands have achieved in Canada under our stewardship for the past 20 years," said Peter Nowlan, chief commercial officer for Molson Coors Canada in a statement.

THE CANADIAN PRESS

#### Mobile app

### Vancity Dash keeps runners on game

Tapping into technology has long been part of the routine for runners like Craig Slagel. But the Vancouver-based app developer wanted a more engaging experience, so he set to work on a smartphone game he could play while his feet hit the pavement below him.

The result is Vancity
Dash, an experimental
iPhone and Android app
that tracks a runner's
progress using GPS technology, putting the user in the
middle of a retro-style video
game. THE CANADIAN PRESS

### A GATHERING OF **EH?-LIST ACTORS**



This is the biggest week in the entertainment industry what with the awards and the stars and the fashions and the national pride: Of course, I'm talking about the first-ever

Canadian Screen Awards. What else could I mean?

Oh, right, that Oscars thing.

Hey, the Academy Awards are fine. It's one of the best opportunities to taunt people who are richer, handsomer and more talented than us, and then tsk-tsk their behaviour if they respond with anything but a sexy smile. Such

But shouldn't we get behind Canada's own movies and TV shows just as much as we get behind Hollywood's? This year the Canadian Screen Awards bring the Geminis and Genies together, offering up the coveted Geminenie.

#### **Dull inauguration**

I know, I know. You assume that because it's Canadian it must be staid and boring.

I know, I know. You assume that because it's Canadian it must be staid and boring. But I've seen an advanced screening of the awards and I can assure you that, while distinctly Canadian, it also has many familiar echoes to this year's Oscars:

Red carpet. I don't want to give away too much about the glitz and glamour, but David Cronenberg had everybody talking with a sheer blue outfit that left NOTHING to the imagination.

Comedy. The show's host, Martin Short, followed the edgy comedy of recent controversial hosts like Ricky Gervais and Seth MacFarlane, getting in sharp jabs about how he "doesn't care" for the new \$20 bill — a sensitive topic (the bill has the Queen on it) that had the audience gasping. After several people called out "too soon!" Short apologized but kept them smiling with a few digs at the Upper Canada rebellion of 1837, something everybody can

Lifetime achievement. On the TV side of things, there was a long-standing ovation for Zeddy the Zellers bear, recently retired after 25 years of television commercial performances that the Globe and Mail has called "stunning in their intertwined intimacy and ferocity." Kudos, Zeddy

Big winners. I'm sworn to secrecy, but these were the nominees for Canadian film of the year:

- Argo. The story of a Toronto football team that wins the Canadian Football League trophy entirely
- because of American bravery and ingenuity. Beasts of the Northern Mild. A young girl must use all her optimism and imagination when nature flies out of whack and hits Toronto with seven centimetres of snow. With the city in chaos and her dad wailing in annoyance, she heads out in search of her mother, who is at a mysterious and distant shopping mall.
- Clark. Daniel Day-Lewis stars as the 16th prime minister of Canada in a country torn asunder by both access-to-information legislation AND a gas tax. Will it survive? Day-Lewis has earned plaudits for his ability to capture Joe Clark's complete lack of charisma.
- L'eh Misérables. In this much-loved musical set against the backdrop of the 1995 referendum, French students from Quebec sing about their doomed fight against the federal government in such well-known numbers as On Our Own, One Vote More and Do You Hear the People Secede? Just like secession talk, it's loud, repetitive and goes on far too long.

  Zero Dark Thirty in Newfoundland. The thrilling

story of a Canadian secret-ops team that kills its

targets a half-hour earlier than other countries

If you want to know who wins, you'll have to watch this Sunday.

Anything can happen,

Read more of John Mazerolle at metronews.ca/voices



### She's having a whale of a time



#### Marine photography

#### Sea dancing with friendly whales

The thought of swimming next to a 35-tonne humpback whale and its calf in the open ocean would fill anyone with dread, but for French navigator Maud Fontenoy, her mind was at ease.

This amazing image shows the 35-year-old marine activist and mother of one snorkelling beside the whales just off the island of Moorea in French Polynesia, METRO



### Humpbacks are harmless

Fontenoy — the first woman to have crossed, by rowing, the North **Atlantic Ocean and Pacific** Ocean, and now a marine conservation activist for UNESCO — spoke to Metro about her swim.

#### Amazing photo of you with the whales. Were you not frightened of them?

I was afraid at first, but at the same time I knew straight away that these whales mean no harm and that I was in no danger.

I had to abandon my diving equipment on account of the bubbles produced by the breathing device. The whales are noise-sensitive and the bubbles would have disturbed them. Instead. I used a snorkelling mask and flippers.

How did this aid your

#### efforts in marine conservation?

Each time we can show the beauty of nature, it's a way to make people aware of the similarity between humans and the ocean.

#### What everyday task can I do to help conserve our oceans?

You can choose to eat fish that aren't endangered. Also, you can help conserve water by using green de-tergents for your washing machines and avoiding overpackaged plastic items.



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#### Will you be getting the flu shot next winter?



#### @teganandsara: Thanks for the awesome night Winnipeg! We had a great time and hope you did too! Stay warm until next time. Go Jets! JK! xoxo

@salihoviczlate:

wtf, it's nice af in winnipeg but cold in hamilton?! #plottwist!

@sydneypankratz: I'm all for stopping bullying but I don't have a pink t-shirt #sorry

#### @RiverTrail204:

The Rivertrail is closed

#### @darrenfife:

An underpass at the train tracks on Dugald and Plessis has been approved by the City of Winnipeg. Stopped at a train there errr-

Winter storm rocks #Toronto: #Winnipeg has good chuckle.

metr⊕

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metronews.ca Thursday, February 28, 2013 **SCENE** 

# A calm after the storm

#### Stephen Fearing. Halifax-based musician's latest album weathered by life's changes



BACKSTAGE

Released in late January, Between Hurricanes is Stephen Fearing's eighth solo album and first in seven years. For the Canadian singer/songwriter — one-third of Blackie and the Rodeo Kings — it's a title that's both literal and metaphorical.

Since 2006's Yellowjacket, Fearing has divorced, parted ways with his former man-ager Bernie Finkelstein and his former label True North Records, remarried and relocated from his long-time home in Guelph to Halifax.

In that time he also released four albums with Blackie — including 2011's Polaris Music Prize-nominated Kings and Queens — as well as a record under the Fearing & White banner, his collaboration with Australian-based Irish singer/songwriter Andy White.

And then there are the literal hurricanes.

Fearing wrote the album in the summer of 2012. At the same time, he decided to scrape and paint the outside of his house.

"It just so happens that August and September is hurricane season in Nova Sco-

- Fearing plays the West End **Cultural Centre on Friday** March 1 at 8 p.m.
- Tickets are \$20 at the WECC, Music Trader, Winnipeg Folk Festival Music Store and Ticketmaster.

tia and they come through regularly and when they hit, you're not painting your house for another three or four days," says Fearing, 50, from the Folk Alliance confer-

ence in Toronto.
"I'd be forced to write and as soon as it cleared up I realized I had a window of maybe five days to get more work done outside. The pen and guitar would go down and the dust mask would go

Between Hurricanes isn't the album's only great title. The second track is called Don't You Wish Your Bread Was Dough, a Newfoundland turn of phrase Fearing was introduced to by the song's co-writer Chris Kirby.

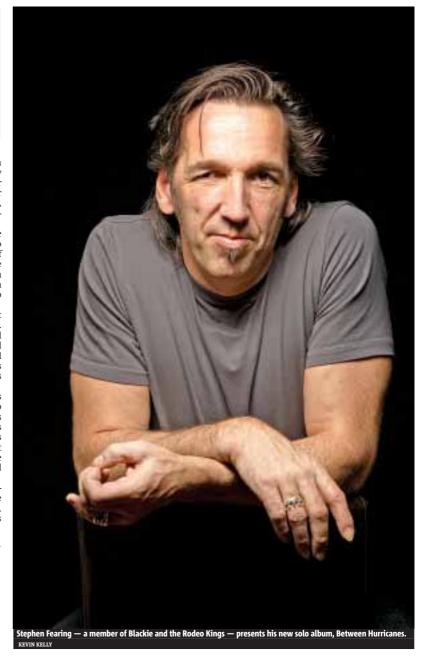
"My interpretation of it is don't you wish you could go back to the start when things were raw and unformed, as in your life, maybe do things differently before things got baked into the form they are now, hard, unchangeable and maybe burnt," Fearing says.

"It's like the classic country titles, like She Got the Goldmine (I Got the Shaft). You know what that song is about right away.

### Don't You Wish Your Bread Was Dough

"It took us some time to figure out how we could put this scenario together, but it was clearly someone saying to someone else 'Don't you wish you could start again, because you made a complete dog's dinner out of it."

Stephen Fearing, explaining a song title off the new album.



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# Actor turns vain, oversexed character into fan favourite on prime time hit

New Girl. TV show took a chance with over-the-top Schmidt, but Max Greenfield has won over fans and earned award nominations

Max Greenfield, who's been nominated for an Emmy and a Golden Globe for his role as Schmidt on the Fox comedy New Girl, says he isn't worried about being typecast.

The idea makes him laugh. "I don't think anybody was ever gonna put me in like, Winter's Bone anyway," the 32-year-old actor said in a recent interview. "You know what I mean? I don't think like if they were making a very dramatic, serious movie, they were gonna think, 'You know, I really like Max Greenfield, but Schmidt is just ... it's too much of a THING to put him in that movie."

He even took the bit further. "I don't think they're try-

ing to put me in Saving Private Ryan. 'We're looking for Ryan. (Pauses.) Is that Schmidt?'' he said. "I'm fine. I'm getting to do everything I want to do on this show."

New Girl stars Zooey Deschanel as a young woman with three male roommates, played by Greenfield, Jake John-

#### Quote

"I don't think anyone was going to put me in like, Winter's Bone anyway."

Max Greenfield on not being worried about whether he is typecast.

son and Lamorne Morris.

Schmidt is a vain, oversexed ladies man with obsessive-compulsive disorder. He makes frequent references to his Jewish heritage. The character could be unlikable, but Greenfield's portrayal of Schmidt makes many viewers root for him.

Fans tweet Greenfield's lines as Schmidt while the show airs.

And Greenfield garners respect from his peers

from his peers.

Greenfield worried before
New Girl debuted in 2011 that
viewers would dislike Schmidt.

"I thought, 'There's a good chance that I'll never work again after this.' I mean, we've played him in such a way that this could go terribly wrong, and then we started to air and the response was so positive. It kind of affirmed all the things that the writers were doing, all the things that I was doing. I think it said to everyone, 'We're on the same page. We can keep moving forward.' And then they just went crazy with it."

Schmidt's first name hasn't been revealed, and Greenfield hopes it never will be, unless it's done in a clever way, like if the character gets married. "I'm just thinking of this

"I'm just thinking of this now, but what a smart move this would be. 'Will you (first name) Schmidt take ... ' and that's the moment she goes, That's your first name?' That would be a nice moment. Under a chuppah."

THE ASSOCIATED PRESS



# Typing on rabbits: the Not Tilda Swinton story

**Twitter files.** Eli Yudin publishes the tweets from an online parody that was created in the actress's name

NATALIE SHURE

Launched to viral acclaim during last May's lunar Twitter parody @NotTildaSwin-Twitter account ton has been reincarnated into a book. Self-published by comedian Eli Yudin co-writer O'Donnell, the complete collection of 187 bizarre imagined musings of actress and noted eccentric Tilda Swinton is available. ton is available online. Some of the account's best Tweets? "A mission for you. Go outside, hold an animal to your breast. That is real warmth, not the glow of your screen. I d this on a rab-Or: "Of course I received splinters. not remove them. branches emerge



from me and bear fruit in

a book. Getty images

the shape of my face."

In an industry veering toward bite-sized content, Twitter's 140 character limit could be the logical endpoint of increasingly serialized work. So, after spending six hours laying out the book on In-Design, Yudin set up shop on Lulu Marketplace. At \$11.06, the book was priced to break even. "We didn't want to seem like we were selling out,"

Yudin said. Not to mention the avoidance of potentially thorny issues with Swinton herself.

Not Tilda Swinton is one of thousands of self-published books for sale on Lulu Marketplace, which allows any author to sell their work online. Brian Matthews, an executive VP at Lulu's, argues that self-publishing has democratized publishing by removing barriers between readers and authors. "If an author wants to publish a book, we'll help publish as long as we don't have concerns related to the material," Matthews said. Matthews Matthews can rely Readers algo-Lulu Marketplace rithms and reviews to help them pick their next read. Even so, it can be hard to determine quality. "The real issue is that in traditional publishing, you have an agent, editor and sales rep acting as a filter," said Cathy Langer, long-time buyer at Denver's independent bookstore, Tattered Cover. "Self-publishing eliminates these filters, and it can be hard to tell what's going to be good.



metronews.ca metro

# Never underestimate a romance film's powers of persuasion

It took a lot of convincing for young co-stars Alden Ehrenreich and Alice Englert to sign onto Beautiful Creatures, the movie adaptation of the popular young adult romance novel by Kami Garcia and Margaret Stohl.

In fact, both Ehrenreich and Englert initially passed on the project. "The reason I didn't want to be a part of it was the way that it had been pitched to me—it didn't sound like its own movie," Ehrenreich explains. "It sounded like they were just trying to capitalize on this genre, and because of that it wouldn't be something that was personal."

But a second look at the script and a sit-down with writer-director Richard La-Gravenese helped persuade Ehrenreich, who got his start in the 2009 film Tetro, directed by Francis Ford Coppola.

"He kind of explained to me that everyone he had assembled at that point with the cast and the crew, everyone was intent on making a movie like this but in a way that you hadn't seen before and with more intelligence and humour than you usually see," Ehrenreich says. "So that really appealed to me."

That initial hesitation to wade into the Twilight-like young adult waters also helped Ehrenreich and British co-star Englert bond.

"We both had a mutual respect I think because of that skepticism we'd both had ori-

#### Radly drawn box

Englert insists she's not the only artist in the cast, citing Ehrenreich's drawing and painting abilities — something LaGravenese boasts of as well. "He does these great ugly drawings of people, which are great," Englert says. "They are. No one looks good in an Alden drawing." Ehrenreich confirms this fact. "No, no one does," he says. "My mom has been very upset with me for them"

ginally about the project," he says.

One thing Englert doesn't like, though, is that people keep calling her a poet, thanks to stories LaGravenese has been telling about her.

"I scribble in a notebook. I'm just like a normal 18-year-old girl," she says, apparently downplaying the notion. "I love poetry, I'm very passionate about it, so I'm all the more embarrassed to think that people think I call myself that."

But Englert is definitely a singer-songwriter. A track she wrote while filming the movie made it onto the Beautiful Creatures soundtrack.

"It was amazing. I mean, just like one of those things that you can't really hope for," she says. "I recorded it in the bathroom of the apartment I was staying in the warehouse district of New Orleans on Garageband on a computer. And then Richard heard it and liked it and we re-recorded it, but then he wanted to use my terrible bathroom version. So that's in the film."



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metronews.ca Thursday, February 28, 2013 SCENE 15

# MacFarlane crossed the line, say legislators

Oscars. Family Guy creator's jokes during awards broadcast condemned for 'reducing women to caricatures'

Two female California state lawmakers have condemned Oscar host Seth MacFarlane's comments during Sunday's awards presentation as degrading toward women and asked the Academy of Motion Picture Arts and Sciences to use better judgment in the future

Assemblywoman Bonnie

Lowenthal and Sen. Hannah-Beth Jackson, both Democrats who lead the Legislature's women's caucus, sent a letter to Academy president Hawk Koch on Tuesday, requesting that the organization disavow MacFarlane's behaviour.

They objected to the comedian's focus on the physical appearance of several actresses and quips about nude scenes.

"Furthermore, there was a disturbing theme about violence against women being acceptable and funny," the lawmakers wrote. "From topical jabs about domestic violence to singing about 'boobs' during a film's rape scene, Seth MacFarlane crossed the

ARGO © 2013 Warner Bros. Entertainment Inc. All rights reserved. SKYFALL © 2012 Danjaq, LLC, United Artists Corporation and Columbia Pictures Industries, Inc. All Rights Resr

#### Misoavnv?

"...There was a disturbing theme about violence against women being acceptable and funny."

California state women's caucus leaders Bonnie Lowenthal and Sen. Hannah-Beth Jackson

line from humour to misogyny."

MacFarlane's performance has drawn heat from critics since Sunday's show. Blogs compiled highlights of his punch lines, which included a song that referenced leading ladies who have bared their breasts on film that were accompanied by reaction shots from those actresses.

He also made light of a domestic violence incident between rapper Chris Brown and singer Rihanna, and joked about the heavy accents of several Latina actresses.

"On Oscar night, when Hollywood seeks to honour its best, Seth MacFarlane's monologue reduced our finest female actresses to caricatures and stereotypes, degrading women as a whole and the filmmaking industry itself," the letter stated.

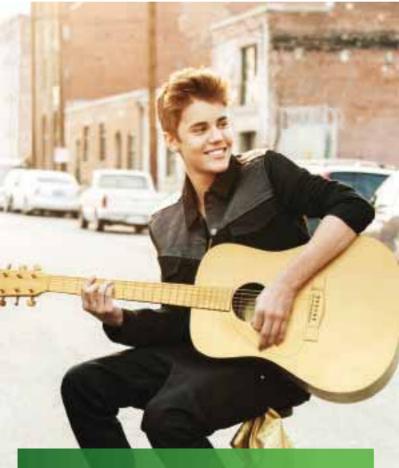
Academy spokeswoman Toni Thompson had no immediate comment.

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# Party at your own risk: 21 & Over actor takes a beating

Justin Chon. Star of raucous new comedy talks drinking games, stereotypes and gags involving the male anatomy



**EHRBAR** 

When actor Justin Chon sits down for our interview, he's coughing and looking a little worse for the wear. "I'm good," he insists. "I'm hungover, but I'm good." Promoting a film like 21 & Over about his college student character's 21st birthday getting out of control, from the writers of The Hangover – can come with its own risks, apparently. But it's all part of the job.

Between being carried around, dropped out win-dows, Tasered and having a teddy bear glued to your crotch, you're taking the brunt of the abuse in this film.

Yeah. My performance is very much a physical comedic performance, and -, man. I'm taking a lot of abuse. I mean, my head got hit on doors, I'm getting thrown everywhere.

The worst was (the scene where) we were in a smart car, and I had to be (squashed onto) the f—ing dashboard. To get in like that, I had to twist my neck around. And I'm claustrophobic, so that was the

You also had to do a very painful penis gag, which is a staple for The Hangover

Well, I'm grateful. At least they didn't give me a tiny pee-pee. They were like, "Rest assured, we made you well-endowed."

I looked at it and I was like, Whoa. I don't know if my d— is that skin-tone, but cool."

How are you at drinking games in real life? Ĭ've played them. But I'd much rather just drink, just get to the point. I don't need games. I guess it's just a way of getting people who don't want to drink to drink, but for me I've always been willing. So I'll just get myself drunk. It shouldn't be a punishment. It's a pleasure, it's part of being human. It's part of why we're alive.

Have you seen this movie with an audience vet? Yeah, I saw a screening with an audience, but l mean, people who go to test screenings, sometimes it's tough to tell because they're kind of willingly going. So I want to see it with an audience who paid money Because if they're not laughing, we're f-ed.

#### Suffering for his art

"My head got hit on doors, I'm getting thrown everywhere."

Justin Chon, actor in 21 & Over explaining the physical demands of his role, which also involves being dropped out of windows and getting Tasered

There's a lot of the humour relating to you being Asian-American. Did anything go too far? No, and that's what I love about (writers) Jon (Lucas) and Scott (Moore). When we did our first rehearsal. they sat me down and asked me if anything was too far or if anything rubbed me the wrong way. But no, I thought everything was great. I mean, you've got to be able to laugh at yourself. And I think people who take themselves too seriously are just ridiculous. I didn't feel like there were a lot of jokes at the expense of my race.

I've read some of the message boards and they're like, "Great, another stereotype." Dude, this (character) is against the grain. He sucks at school and he likes to party. He's an animal.

So I don't think that's very stereotypical to me. I'm like, "Dude, watch the f—ing movie before you say anything," you know? I'm proud of it. As an Asian-American I think it's a great role, and I fought hard to get it.

#### Carrie Fisher lands in hospital after strange cruise ship mishap

Star Wars star Carrie Fisher was reportedly hospitalized following a bizarre surprise appearance on a cruise ship, according to TMZ. "There was a medical incident related to Carrie Fisher's bipolar disorder," her rep says. "She went to hospital briefly to adjust her medication and is feeling much better now." Attendees at the show report that Fisher was meandering about on stage, rambling incoherently and singing off-key while her dog relieved itself next to her.





### Another one bites the dust

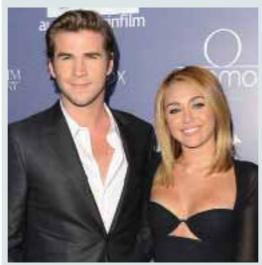
Rachel McAdams and Michael Sheen have reportedly called it quits after more than two years of dating, according to Us Weekly. McAdams and Sheen first met while filming Woody Allen's Midnight in Paris together, though they didn't begin dating until later. "Michael and I didn't get together while we were filming Midnight in Paris, which I

feel strongly about not doing when I'm working," McAdams told Stella magazine last year. "We became quite good friends, which I think is a great way to start." There was no word as to what led to their breakup. McAdams previously dated Ryan Gosling for two years after co-starring with him in The Notebook.

## METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



# Are Hemsworth and Cyrus done? Is Jones to blame?



THE WORD Dorothy Robinson scene@metronews.ca

Attention Liam Hemsworth. If you're going to cheat on fiancée Miley Cyrus, don't do it at the Chateau Marmont. The Los Angeles hotel swarms daily with paparazzi and gossips; it's akin to taking out a billboard

on I-95. Here's the dirt: Hemsworth (a.k.a. Mr. Miley To-Be) was seen getting "hot and heavy" with January Jones at a pre-Oscar party over the weekend, per Star magazine. "It looked like they had some hot chemistry," an eyewitness told the rag. "They were all over each other—and they even kissed!" For her part, Cyrus showed up at the Elton John AIDS Foundation's viewing party sans date on Sunday and "was all over the place" (code for wasted). So what does this mean? I'm not sure. All I know is that Hemsworth is 23, while Cyrus is 20. Sounds like appropriate behaviour for people barely out of their teens





**@katyperry**If I were a cookie, I would be a thin mint girl scout



@**LilTunechi**Dam pit bull bro I thought u was kool.



**⊌johncusack** Spell check hates me − always has



@RebelWilson

I got action onset with @channingtatum today. He is pure man steak luscious



# Is Jennifer Lawrence complaining?

There's no rest in sight for Oscar winner Jennifer Lawrence, who got right back in Hunger Games mode the day after nabbing a best actress statue.

After filming the next film in the successful

franchise, she's set to re-team with Silver Linings Playbook co-star Bradley Cooper and director David O. Russell in an FBI drama before putting on blue body paint for the next X-Men movie, which begins shooting in May. But all Lawrence wants to do is chill out. "I want to sit on my couch and drink and not change my pants for days," she tells E! News.



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**STYLE** metronews.ca Thursday, February 28, 2013

While the start of the new season is still several weeks away, there's no reason you can't leap ahead on the calendar at least fashionably speaking — by adding a touch of spring style to your winter wear. LouLou style editor Claude Laframboise says spring pieces are great for layering during winter, like wearing sleeveless or short-sleeved tops under jackets or cardigans. Here are five ways to dial up the warmth in your cold-weather looks.

THE CANADIAN PRESS

# Spring into winter

#### **Pretty prints**

It wouldn't be spring without a little flower power, and fashionable florals will once again be in full bloom — with a stylized update, of course. "What's newer is the bigger-scale floral print as opposed to the small dainty one," said Laframboise.

Many prints are also drawing inspiration from digital imagery, making them appear pixelated,

reminiscent of an abstract print, he noted.

Torn between sporting stripes or polka dots? No need to choose when you can wear different patterns together.

Laframboise said the mixing of prints was an evolution of colour blocking, which involves teaming distinctive bright hues within

Individuals can get a jump start on spring now by trying their hand at combining seemingly contrasting prints — keeping in mind that complementary colours are key.

#### Black and white

The classic colour pairing made a splash on the spring runways and may be among the easiest trends to work into your wardrobe.

"It's not about wearing a white shirt and black pants," said Laframboise. "It's really about wearing a striped top with solid pants, or a crisp white shirt, but with a patterned skirt that would be black and white.

Laframboise said the pairing also acts as a good base for bright hues, like teaming a black-and-white striped top with another ontrend item like electric blue or hot pink jeans.

Expect to see many of the season's key prints like stripes, polka dots and floral prints steeped in black and white, he said.

Laframboise suggested opting for a heavierweight striped jersey dress now, or perhaps sporting a silky, polka-dotted top under a jacket and wear it standalone in spring.

#### **Bright and light**

Vibrant hues that coloured last year's spring fashions continue to be a strong theme heading into the warmer months. But no need to feel stuck on selecting one "it" colour. There's a full spectrum of bold shades to choose from.

"Some colours stick out," said Laframboise. There's a lot of hot pink, hot orange, turquoise and electric blue. "But it's not one of those seasons where there's one colour you must get. It's all about colour as a whole."

An easy way to adopt the trend without sacrificing comfort is to consider opting for a brightly-coloured pair of jeans, said Laframboise.

Neon not your flavour? Laframboise said pastel hues — a tried and true springtime staple — are still in vogue, notably softer shades like pale blues and yellows.

#### Finishing touches

From a coral clutch to a checkered handbag, some of the hot colour and pattern trends in apparel are translating to accessories.

Mixed metal statement jewelry is emerging for spring, with everything from rhinestones to neon colours in the mix, said Laframboise.

Consider pairing your statement necklace with a T-shirt and jeans, or even overtop a collared shirt that has been fully buttoned up,

he suggested.
"It's gone from being something dressy that you have at night to the other way around.

A model wears a bird print top (\$36), skinny leg denim (\$46), bracelets (\$10) and a wedge sandal (\$40) from Reitmans.



# Flip your condo with style

Staging. Putting your home on the market? Get your condo ready for resale with some designer touches



DESIGN CENTRE Karl Lohnes home@metronews.ca

We all know the rules when prepping your home for resale: de-clutter, remove personal items and clean. However there are more things you can do to make your home the talk of your building.

Now, you can always hire a home stager (usually recommended from the selling agent) to help, but as your trusted decorator expert, I'll share my own tricks of the trade to get your place appealing to a new buyer.

Buy accessories that compliment the space you are selling, and not what you think is trendy at the moment.

Putting your decor trademark on a space is not going to make buyers see the potential of owning it themselves.

For instance, if you live in a modern condo with concrete ceilings and floor-to-ceiling windows, choose a few strong industrial accents to play up those features: tall clear glass vases, a factory cart coffee table and vintage metal cappuccino maker will help give off that urban vice.

As harsh as this may be, paint away your personality with an updated neutral wall colour. Choose a colour that works with your floor and not necessarily your existing furniture in case you've already moved out and a potential buyer only has the walls and floors to see.

The right colour will ensure that without furnishings the space still looks co-ordinated and tied together. Trick: choose a paint colour that is two shades lighter than the colouring in the floors.

This will make the entire space visually flow, feel bigger and more tied together.

Always sway toward cooler tones over warmer ones. Cool tones reflect more light and are less claustrophobic.

In an empty, open-concept space, use area carpets to define living areas. This way potential buyers can imagine a living, dining and office working for them in such an open

Choose your view to help with the sell. Install woven scrim shades to hide a bad view yet let light into the room. If you have a great city view then keep the shades up to show it off. Any window in a bathroom or bedroom should offer a privacy shade.

Lower your artwork. Buyers want spaces with high ceilings so by lowering your artwork the ceilings look taller. Simply lower everything two inches — ideally, the middle of your artwork should be 66 inches off the floor.

This is a great trick in condos and lower-level spaces that might only have standard height ceilings.

A new sink, faucet and trend-setting laminate countertop can take 10 years

off the age of your kitchen. A chrome restaurant-inspired faucet and dark grey soap-stone/concrete coloured counters are always good choices in urban spaces.

Don't invest in having a kitchen renovated for resale; offer the cost of a kitchen reno to reflect in the selling price and let the new homeowner customize the kitchen of their dreams.

Choose the largest closet and pimp it out. A front hall or main bedroom closet fitted with dark wood shelving inserts and fancy rods will always impress a potential buyer.

Install a battery-operated motion light inside the closet. Not only will your closet impress a potential buyer but it will make the closet feel organized and bright.

Don't leave a boot tray or a Remove Shoes sign at the front door. Once a potential buyer enters they should feel as if they already own it.

Placing personal messages and signs around make the buyer feel that you still have a presence in the space.



One trendy countertop appliance can set the tone for a fabulous lifestyle to potential buyers.

Nespresso's Maestria Creama C Five Hundred Crema, \$550, thebay.com.



stick-up motion light. Sylvania Five It Golden Dragon Motion Ligh om. \$15, homedepot.ca.



A modern faucet teamed with a trend-setting laminate counter top are inexpensive ways to update a kitchen. Ikea's Budskar Kitchen Faucet, \$149, ikea.ca.





# Help! It smells in here!

I don't know what to do with the odours in shoes, suitcases and sporting equipment bags. They're driving me crazy. Any ideas or suggestions?



Well I do understand that odours can be disruptive and annoying, so let's look at your list, starting with shoes.

If it is a running shoe, then a small sprinkle of baking soda in each shoe will help absorb the odour caused by moisture. Drying antistatic sheets will also help.

But take a good look at the shoes. Running shoes in particular do have a life span and once they are done they are done. Suitcases are always great with a dryer antistatic sheet, but after a long trip, always leave the suitcase open for a day or two to fully air it

And finally sports equipment bags also need to be aired out regularly and the sports equipment needs to be washed after each and every use.

I know that sounds like a lot of work, but this is really important to keep the bacteria level down, which reduces odour and avoids skin irritations.

But remember, it's essential that you deal with the odour source and get rid of it, not just mask it with fake perfume smells.



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metronews.ca Thursday, February 28, 2013 metr⊕

## A complete meal contained in one hearty bowl of soup





This is a great soup for the family. It's a complete meal in a bowl. Try using ground chicken, turkey or pork instead of beef. Remember to add an extra tablespoon of bread crumbs if you're using chicken or turkey.

1. Meatballs: combine ground beef, bread crumbs, barbecue sauce, egg, garlic, basil and 2 tbsp of the Parmesan cheese. Form into 1-inch meatballs (you should have enough for about 24 meatballs). Lightly coat nonstick skillet with cooking spray and set over medium heat. Cook the meatballs for about 5 minutes, turning occasionally or until they are browned on all sides. Set aside.

2. To make the soup, lightly coat a large, nonstick pot with cooking spray. Add the oil and set over medium heat. Add the onion and garlic and sauté for 5 minutes or until just softened and browned. Stir in the green

Relish Soups, Stews & Chilis Recipe Collection (iPad; \$1.99)



Feeling frozen? A hot bowl is

a good remedy. Relish Magazine's collection of soups, stews and chilis nourishes all tastes. Imagine Apple Cider Stew, Wild Rice Chowder or Heirloom Bean Chili.



pepper and carrots and cook for 3 minutes. Stir in the stock, tomato sauce, tomato paste, chili powder and browned meatballs. Bring to a boil, and then reduce the heat to low and simmer, covered, for 15 minutes.

3. Stir in the pasta and simmer for 5 minutes or until the pasta is tender. Serve the soup in bowls, and garnish with remaining 1/4 cup Parmesan cheese. ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE

- 6 oz lean ground beef • 3 tbsp seasoned dry bread
- crumbs
- 2 tbsp barbecue sauce • 1 egg
- 1 tsp finely chopped garlic1/2 tsp dried basil
- 2 tbsp Parmesan cheese

#### Soup • 2 tsp vegetable oil

- 1 cup chopped onion
- 1 1/2 tsp finely chopped

- 1/2 cup chopped green bell
- 1/2 cup chopped carrots
- 3 1/2 cups beef (or chicken)
- 2 cups tomato pasta sauce
- 2 tbsp tomato paste
- 1 tsp chili powder
- 1 cup egg noodle pasta
- 1/4 cup grated Parmesan

# All the noodle and none of those pesky carbs and fat

The conventional wisdom of cutting carbs and calories generally has meant that pasta is a

But recently, a new noodle has challenged that thinking, giving dieters a fresh — albeit slightly different — way to have their pasta.

Shirataki noodles have attracted the attention of so many dieters of late. Their appeal? No carbs, no fat and almost no calories.

These slightly chewy noo-

dles are made from a watersoluble fibre that comes from a type of sweet potato. Though they once were found only in Asian markets, they have begun showing up in most large supermarkets.

1. In Dutch oven over medium heat, bring broth to boil. Add carrots, celery, ginger and garlic. Cook, uncovered, until veggies are tender, 8 minutes

2. Add shirataki and chicken.

- 10 cups reduced-sodium chicken broth
- 2 cups shredded carrots
- 1 large stalk celery, coarsely
- · 3 tbsp minced fresh ginger
- 2 tbsp minced garlic • Three 8-oz packages fettucine
- style shirataki noodles, drained and well rinsed
- 4 cups shredded cooked skinless chicken breast
- 3 tbsp chopped fresh dill
- 1 tbsp lemon juice
- Salt and ground black pepper

Simmer until noodles are just hot, 3 minutes. Stir in dill and

lemon juice. Season with salt and pepper. THE ASSOCIATED PRESS



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\*Some restrictions apply.

#### Back in Winnipeg

#### *Tets look to* show MTS Centre fans some wins

It would be understandable if Winnipeg Jets coach Claude Noel was a bit leery about returning home.

After the Jets wrapped up their longest road trip of the season with a 4-1 mark, Noel has to prepare the team to try to end a four-game losing skid at

"For some reason, I don't know what it is, there's usually a letdown (after a long road trip). That's just the way it is," Noel said Wednesday as his players had the day off.

The Jets (9-9-1) are 3-5 at the MTS Centre this season and begin a two-game homestand Thursday night against New Jersey (10-5-4) and Saturday afternoon versus Washington.

The streak is the longest home drought since the franchise moved to Winnipeg from Atlanta before last season.

There's a lot of support here that we want to do well and we want to prove to (fans) that we're a good team," Noel said.

"Sometimes you might fear over-trying (at home) and that's a little bit different, but I don't think we

Through their first eight games at home last season, the Jets held a 5-3 record as they were buoyed by their raucous home crowd





Olli Jokinen, left, celebrates with his Jets teammates after scoring on Henrik Lundqvist in Tuesday night's 4-3 over the Rangers in New York. AL BELLO/GETTY IMAGES

# **Jets navigating** the road to success



THE HOCKEY NEWS

Over the 12 years the Thrashers spent in Atlanta, the team never really had an identity as an NHL franchise. The Original Six have grainy, blackand-white celebrations; the Oilers and Islanders have their dynasties; the Flyers and Penguins have fisticuffs and Stanley Cups. But teams like the Thrashers, Blue Jackets and Panthers, known for missing the playoffs, haven't been able to give their fans something to

cling to and hold dear. When the Thrashers landed in Winnipeg as the lets, the team had a fresh chance with an already lathered fan base.

In the big picture, the Jets are still a team with a young core finding its way and they probably aren't about to stumble on their full potential.

But an identity isn't easy to find, even in such a hockeyhungry hotbed, and it's hard to know at just what moment you get it. But if the Jets are in the playoffs after 48 games, we may be able to look back at their most recent road trip as a defining moment for the team.

A year ago it was these very road games that sunk the Jets, but a 4-1 record in Buffalo, Carolina, Philadelphia, New Jersey and New York (Rangers) steadied this year's train and kept it from running off the

rails early.
Too often the phrase "honeymoon period" has been used to provide excuses for this young team. But at some point the Jets needed to take a stride forward and develop character, one that stares down challenges and exceeds expectations; the kind that separates the mediocre teams from the playoff-bound.

We've still yet to see the best of Ondrej Pavelec and the defence, the stronghold of the roster, is still banged up. So by being able to make up ground

in the standings despite all this, Winnipeg is showing great character, led by experienced captain Andrew Ladd and the resurgent Blake Wheeler. It's the kind of character that can define an underdog team like the Jets and give them an identity in the league, so long as it's not fleeting.

In the big picture, the Jets are still a team with a young core finding its way and they probably aren't about to stumble on their full potential. And we don't want to overanalyze a five-game stretch and peer too far into the future with it, but it also wouldn't be wise to downplay this achievement by a team that struggled so badly on the road a year ago.

The road wins are the hardest part — the home wins will

# Canadiens get some payback against Leafs

Gallagher. Brendan Pacioretty and Brian Gionta scored third-period goals to earn the Montreal Canadiens an impressive 5-2 win over the Toronto Maple Leafs on Wednesday night.

Gallagher scored his sixth of the season at 9:08 of the third to break a 2-2 tie before Pacioretty cemented the win with his sixth of 2013 and second of the game at 14:26. Gionta scored into the empty net at 17:34.

The victory was sweet re-



demption for Montreal (13-4-3), which suffered an embarrassing 6-0 home loss to Toronto on Feb. 9.

Since then, the streaking

Canadiens have gone 7-0-2 and dominated the Leafs, outshooting the hosts 40-23 before a season-high Air Canada Centre gathering of 19,625.

The loss tarnished an outstanding performance by To-

ronto goaltender Ben Scrivens. There was bad blood between the two longtime rivals, stemming from their last meeting in Montreal where an alleged biting incident involving Mikhail Grabovski and Pacioretty took place.

THE CANADIAN PRESS



BY KELLY ANN BUCHANAN

#### See today's answers at metronews.ca/answers.

#### **↑** Aries

#### March 21 - April 20

Both the good and the bad points of your personality will stand out in sharp relief today. There is no reason at all why you should disquise your true nature. Others only disapprove because they are jealous.

#### **Taurus** April 21 - May 21

Make a special effort to think before you act today, as you could easily go over the top in some way. Even the most cautious of bulls could say or do things that might damage their reputation, so be careful.

#### II Gemini May 22 - June 21

Friends and colleagues will do the opposite of what you ask of them today. Now that you know that you know how to get 'round them, don't you? Ask them to do the complete reverse of what it is you want!

#### **9** Cancer

#### June 22 - July 23

However tough things may get over the next 24 hours, you must not compromise your principles or show signs of weakness. You may not be in a position of strength but you do possess formidable strength of character.

#### $\Omega$ Leo

July 24 - Aug. 23

If you have moments of self-doubt today don't just ignore them and plow ahead regardless. Listen to what your instincts are trying to tell you and, just this once, be a bit more cautious in your actions.

#### **W** Virgo Aug. 24 - Sept. 23

There may be nothing you cannot do if you put your mind to it but it will pay you to be a bit more selective in your goals. Some things come naturally to you and those are the things you should focus on.

#### 

Sept. 24 - Oct. 23 Yes, the truth hurts, but it will hurt even more if you try to avoid it. That applies especially to your career where some kind of setback is likely to annoy you. But what is it trying to teach you?

#### **M** Scorpio

#### Oct. 24 - Nov. 22

Your life has become far too complicated and you must find ways to simplify your everyday activities. Forget about all those big ideas swimming around inside your head — get serious about details.

#### Sagittarius Nov. 23 - Dec. 21

You may be impulsive by nature but the planets warn if you overdo it between now and the weekend you will need to give yourself a lot of time to recover - time you cannot really afford

#### **17** Capricorn

What you learn about other people is useful. What you learn about yourself is priceless. Something will happen today that gives you an insight into the way your subconscious works — an insight that leads to greater happiness.

### Aquarius Jan. 21 - Feb. 19

Many things are changing and you may not be entirely happy about it. But deep down you know it's time to move on and if you can't make the move yourself fate will make it for you. Your move!

#### H Pisces

#### Feb. 20 - March 20

Venus, planet of personal love, links with Neptune, planet of universal love, in your sign today, making this the ideal time to reach out and change people's lives. Use your gift of compassion. SALLY BROMPTON

- 1. Lion's share
- 5. Belonging to Sweden's biggest
- 10. New Zealand parrot
- 13. Sacred Buddhist peak
- 17. Cartooning, for short

- 20. Reality series now with a Can-
- adian version on Slice: 2 wds.

- 26. Boardroom events
- 33. Macbeth's burial place

- 43. Bird beds

- Gables"
- 55. And: German

- 57. Assume control: 2 wds.
- 66. "How to \_\_ a Guy in 10 Days" (2003)

#### ord: Canada Across and Down

#### Across

- band
- 14. Hen's home
- 15. "This is \_\_\_ big mistake!"
- 18. \_\_ Max (\$50 million top prize draw)
- 19. Shakespearean word
- 22. -and-haws 23. Bird's beak
- 24. Toronto's big airport
- 31. Canada \_\_ (Brand of ginger ale) 32. Kind of musical work
- 35. Cain's biblical son
- 39. Always, to a poet 40. Western province
- 42. Gladiator's 7
- \_ la Douce" (1963)
- 46. Photog's originals, for short
- Speedwagon
- 49. Colleen of "Anne of Green
- 51. "Wind \_\_ My Wings" by Midler

- **Britney Spears**

- 67. Tricked
- 68. Eye part
- 71. Water bird

2. Prefix to 'potent' (All-powerful)

3. Canadian History: Land lords of

New France

star. Carv

The

4. Donut-middle treats

6. Winter footwear, just one

8. Take \_\_\_\_ (Move foreward) 9. Stashed

10. Movie director Ms. Bigelow

11. "The Princess Bride" (1987)

12. Texas landmark to 'remember',

5. Folkie Mr. Guthrie

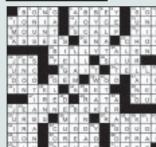
- . donor (Unknown benefac-
- 63. "Oops!... \_ \_\_ It Again" by
- \_\_\_ by the rules 65. Played-with-a-bow instrument
- 69. Nourished
- 70. Make amends

1. Biblical land where Moses was

#### 16. Formal org.

- 21. Baseball stat.
- 25. Expanse 26. Big name in faucets
- 27. Sword sort
- 28. Goose egg
- 29. Desert in Asia 30. Ventriloquy puppet of classic
- TV, Mortimer
- 34. Weapon: French 36. The 'O' of BTO
- 37. Slang-style smokes
- 38. School subj.
- 40. On the ocean 41. Shooting marble

- 44. Was a hot topic on Twitter
- 46. Canadian territory since 1999 48. Federal government's centre
- 50. "Er, what?"
- 51. Release-from-the-slammer
- 52. Arnold Schwarzenegger movie,
- Days" (1999): 2 wds. 53. Racket
- 54. Custom 58. Metric weight, for short
- 59. Biblical garden 60. Give up
- 61. Movie-\_ 62. Flair



How to play Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	7	6	8	9	12	3	6	+
5	19	2	7	7	1	5	ä	4
1	0	£	9	4	ß.	9	7	2
9	n	7	1	3	4	2	4	5
		5	9.	2	4	8	t	3
z	1	3	0	8	5	7	4	1
8	B	1	2	5	9	4	3	7
3	2	+	7	+	a	5	9	-
3	-		4		10	1	2	8

		7			5		
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2	3					7	9
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		1	6	9	4		
3	1					5	7
	7		9	5		1	
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BT BREAKFAST

#### ANNOUNCEMENT Murray Chevrolet is pleased to Welcome

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With Ali's passion for vehicles and professional sales

track record, he is a positive addition to our company and we enthusiastically welcome him to our tea We invite all of Ali's future customers to stop by

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